



Goal Setting for the *Good Life*: Week #6

Our FINAL WEEK! This week, we'll be setting ourselves up for success for the future! So here's a big fat CONGRATULATIONS to you and your success in this program!

Step #1: Finding an Accountability Buddy

To live in your goals, you have to tell someone about them and ask them to hold you accountable. Your accountability buddy should be someone who inspires you and someone who will hold you to the highest version of yourself. Spouse, mother, bestie or even just someone that you admire.

You can say "hey _____, I'm hard at work on my goals this year and I was wondering if you would like to be my accountability buddy." You can also encourage them to set goals if they haven't already.

Decide on how frequently you'll check in with each other and create a schedule and calendar reminders. Also, make sure they have the most current version of your goals and you have theirs.

Step #2: Live Your Goals

Accomplishing your goals is much more than just writing them and creating action plans. They need to be the focal point of your life.

The first thing to do is make them visible! Print them out to post by your computer, set them as your screen saver or backdrop on your devices, keep a copy in your car, create a voice memo of you reading your goals and listen to while you exercise.

Schedule quarterly goal overhauls. Aside from your buddy checkins, it's a good idea to refresh your goals at the end of each quarter. Life is ever changing and your goals should be too!

Enroll your tribe. Just like you enrolled your accountability buddy, I recommend that you publicly post to your social media outlets and enroll your friends and family in your goals. Let them know what you're working on and ask for support.

Step #3: Circle of Life

Just as you'll be refreshing your goals quarterly, you should revise your circle of life worksheet as well. This will help you celebrate the goals you've accomplished and will keep you working on what matters!

Step #4: Celebrate!

The key to happiness is in the celebration for goals. Set up rewards for each of your goals. When you accomplish them, make certain that you reward yourself and let your tribe know about your achievements! I promise, it's probably the best feeling in the world. **DO NOT SKIP THIS STEP!**